

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 16025, Beans, great northern, mature seeds, cooked, boiled, without salt

Report Date:October 23, 2015 08:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 177g
Proximates					
Water	g	69.00	25	1.515	122.13
Energy	kcal	118	--	--	209
Energy	kJ	494	--	--	874
Protein	g	8.33	20	0.088	14.74
Total lipid (fat)	g	0.45	20	0.013	0.80
Ash	g	1.14	20	0.021	2.02
Carbohydrate, by difference	g	21.09	--	--	37.33
Fiber, total dietary	g	7.0	--	--	12.4
Minerals					
Calcium, Ca	mg	68	20	1.629	120
Iron, Fe	mg	2.13	20	0.157	3.77
Magnesium, Mg	mg	50	20	1.339	88
Phosphorus, P	mg	165	20	4.334	292
Potassium, K	mg	391	20	10.884	692
Sodium, Na	mg	2	16	0.212	4
Zinc, Zn	mg	0.88	20	0.018	1.56
Copper, Cu	mg	0.247	20	0.019	0.437
Manganese, Mn	mg	0.518	20	0.019	0.917
Selenium, Se	µg	4.1	3	1.033	7.3
Vitamins					
Vitamin C, total ascorbic acid	mg	1.3	--	--	2.3
Thiamin	mg	0.158	20	0.009	0.280
Riboflavin	mg	0.059	20	0.002	0.104

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 177g
Niacin	mg	0.681	20	0.094	1.205
Pantothenic acid	mg	0.266	8	0.005	0.471
Vitamin B-6	mg	0.117	8	0.002	0.207
Folate, total	µg	102	13	18.373	181
Folic acid	µg	0	--	--	0
Folate, food	µg	102	13	18.373	181
Folate, DFE	µg	102	--	--	181
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1	--	--	2
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.140	--	--	0.248
16:0	g	0.132	--	--	0.234
18:0	g	0.008	--	--	0.014
Fatty acids, total monounsaturated	g	0.021	--	--	0.037
18:1 undifferentiated	g	0.021	--	--	0.037
Fatty acids, total polyunsaturated	g	0.187	--	--	0.331
18:2 undifferentiated	g	0.103	--	--	0.182
18:3 undifferentiated	g	0.084	--	--	0.149
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.099	--	--	0.175
Threonine	g	0.351	--	--	0.621
Isoleucine	g	0.368	--	--	0.651
Leucine	g	0.665	--	--	1.177
Lysine	g	0.572	--	--	1.012
Methionine	g	0.125	--	--	0.221
Cystine	g	0.091	--	--	0.161
Phenylalanine	g	0.451	--	--	0.798

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 177g
Tyrosine	g	0.235	--	--	0.416
Valine	g	0.436	--	--	0.772
Arginine	g	0.516	--	--	0.913
Histidine	g	0.232	--	--	0.411
Alanine	g	0.349	--	--	0.618
Aspartic acid	g	1.008	--	--	1.784
Glutamic acid	g	1.270	--	--	2.248
Glycine	g	0.325	--	--	0.575
Proline	g	0.353	--	--	0.625
Serine	g	0.453	--	--	0.802

¹Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201